

Spunky Vegetable Pizza

Ingredients:

- ¾ cup pizza sauce
- 1 large Italian pizza shell
- 1 cup chopped broccoli
- 1 cup shredded carrots
- ½ cup sliced red or green bell pepper
- 5 to 6 ounces, shredded, low fat mozzarella or cheddar cheese

Directions:

Preheat oven to 450° F. Spoon pizza sauce on pizza shell. Put pizza shell on cookie sheet. Arrange vegetables over sauce. Sprinkle on cheese. Bake for 10 minutes. When baked, cool pizza for 3 minutes before slicing. Cut into 8 wedges.

Nutrition Analysis completed using The Food Processor SQL© Nutrition Analysis Software from ESHA Research, Salem, Oregon. 10-2-08

Nutrition Facts	
Serving Size 1 serving (128g)	
Servings Per Container 8 servings	
Amount Per Serving	
Calories 220	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 480mg	20%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 12g	
Vitamin A 60%	• Vitamin C 30%
Calcium 25%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	